





















Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning/ Circuits 6:45-7:30am		Spinning/ Circuits 6:45-7:30am	Spinning/ Circuits 6:45-7:30am		 SPINNING 9:30-10:15am	 SPINNING 9:30-10:00am
 9:30-10:00am	Aerobics 10:00-10:30am	 SPINNING 9:15-10:00am	 SPINNING 9:30-10:00am	Step Circuit 9:15-10:00am	Circuit Training 9:30-10:30am	Circuit Training 10:00-10:30am
Fat Burner Circuit 10:00-10:45am	Pump Your Body 10:30-11:00am	 PiYO LIVE! 10:00-10:45am	Pump Your Body 10:00-10:45am	Abs Blast 10:00-10:15am	 DANCECISE * 10:30-11:15am	
Yoga* 10:45-11:45am	Pilates 11:00-11:45am		Intro to Fitness 10:45-11:30am	Legs Attack 10:15-10:45am		
 SPINNING 5:25-6:10pm	Kettlecise 5:15-6:00pm	 5:15-5:55pm	 SPINNING 5:30-6:00pm	 SPINNING 5.00-5.30pm		 SPINNING 5:30-6:15pm
Pump Your Body 6:15-6:45pm	 6:05-6:40pm	 SPINNING 5:15-6:00pm	Combat Circuit 6:05-6:35pm	Abs Blast 5:30-5:45pm		
 PiYO LIVE! 6:45 - 7:30pm	 SPINNING 6:15-6:45pm	Pilates 6:00-6:45pm	 6:45-7:25pm	Pump Your Body 5:45-6:15pm		
 INSANITY * 7:30-8:20pm	Circuit Training 6:45-7:30pm	HIIT 6:45-7:30pm	Pump Your Body 7:30-8:00pm	 INSANITY * 6:30-7:00pm		
			 SPINNING 8:10-8:40pm			
			Cardio	Strength	Core	Circuit

* Non members welcome - £5 entrance fee

